

## Community Events



### Team Cannon welcomes AFSOC and LSET leaders

Team Cannon – Next week we host two distinguished parties. We have the privilege of welcoming Lieutenant General Mike Wooley, Air Force Special Operations commander, and AFSOC commanders and staff. During their visit Wednesday, Thursday and Friday they will conduct “Commando Rally,” while taking in the hospitality of their soon-to-be new home. Additionally, we have the privilege of hosting another guest – Air Combat Command’s Logistics Standardization Evaluation Team. Please extend a warm welcome to Lt. Col. Kevin Fitch, LSET Team Chief and Chief Master Sgt. Raphael Jackson, Team Superintendent. This is a great opportunity to show both AFSOC and ACC the outstanding work we do on a daily basis, which is what makes us the World’s Most Lethal Combat team – a distinction we have earned.

**Col. Scott West**

*27th Fighter Wing commander*

### Extended hours vaccines

The 27th Medical Group immunization clinic is open 5:30 a.m. to 8 p.m. Monday through Friday until all its FluMist supply is administered.

All active duty personnel are required to be vaccinated unless ineligible.

For more information, call 784-4926.

### Kids’ bingo

Children of all ages are invited to enjoy Kids’ Bingo Saturday 1-4 p.m. at The Landing.

Face painting, snacks, costume contests and 10 bingo games for \$10 are some of the planned highlights.

The event is sponsored by the Enlisted Spouses Club.

### Trick or Treat hours

Trick or Treat hours for military family housing are 6-8 p.m. Oct. 31.

### Federal Women’s Program

Velma Elizardo, Cannon Civilian

*More Community Events on page 10*

# MACH METER

Vol. 51, No. 40

Cannon Air Force Base, N.M.

Oct. 20, 2006

## Nation’s leaders dedicate Air Force memorial

By Staff Sgt. Julie Weckerlein  
*Air Force Print News*

WASHINGTON – On behalf of a grateful nation, the president of the United States accepted the Air Force Memorial in a dedication ceremony here attended by military leaders of the past and present, political and business representatives and thousands of ordinary citizens and Airmen alike.

“A Soldier can walk the battlefields where he once fought,” said President George W. Bush. “A Marine can walk the beaches he once stormed, but an Airman can never visit the patch of sky he raced across to defend freedom. And so it is fitting that from this day forward, the men and women of the Air Force will have this

memorial.”

The ceremony was the highlight of a daylong open house event that attracted thousands of people from around the country to the south parking lot of the Pentagon. Huge screens were put up which allowed the visitors in the parking lot to view the dedication ceremony, which took place at the base of the memorial.

That crowd included H. Ross Perot and his son, H. Ross Perot Jr., who is chairman of the Air Force Memorial Foundation, and Secretary of Defense Donald Rumsfeld. Also in attendance were former chiefs of staff of the Air Force, secretaries of the Air Force, chief master sergeants of the Air Force, Air Force Medal of

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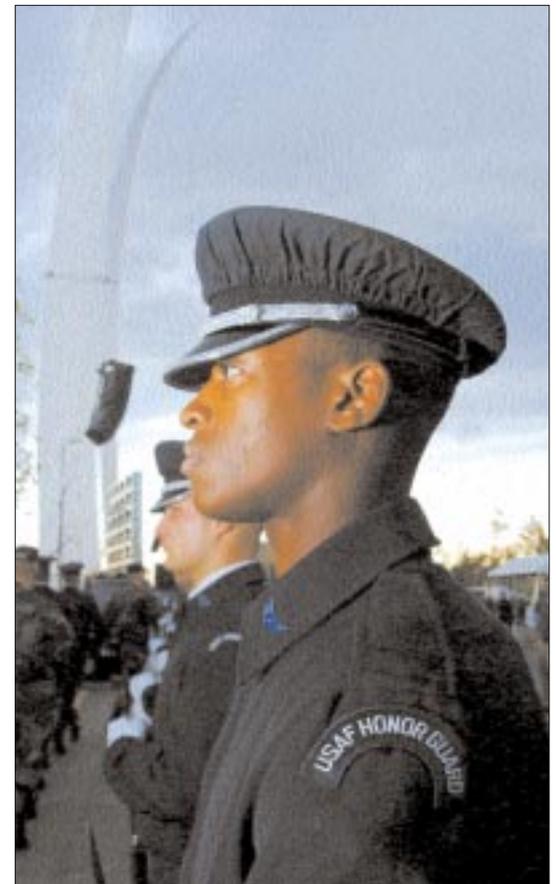


PHOTO BY TECH. SGT. LARRY SIMMONS

**Air Force Honor Guard Airman 1st Class Jerome Whitfield practices at the Air Force Memorial in Arlington, Va. shortly before it was dedicated Saturday.**

## America soars on Air Force wings

By General T. Michael Moseley  
*Air Force Chief of Staff*

The United States of America depends on its Air Force to defend the population, deliver global effects and jointly accomplish national objectives to an extent unseen in the history of mankind.

In my 35 years of service, many things have changed. Yet, what has remained constant is the extraordinary dedication, courage and skill of the men and women we call “Airmen” who deliver for the nation every minute of every day in air, on the surface, in space and cyberspace.

I am often asked: What does the Air Force contribute? What does our national investment in air, space and cyberspace power bring to America? Let me share with you some observations of our Air Force that have inspired me since I was a new second lieutenant – fresh

from commissioning at Texas A&M University – and continue to fill me with pride as the Eighteenth Chief of Staff of the United States Air Force.

I see Airmen (Active, Reserve, Air National Guard and Civilians), vigilant at their post, who provide first warning of threats world-wide through space, air and cyber systems that never sleep and never blink.

From satellites that provide early warning, to over-tasked unmanned aerial vehicles and surveillance and reconnaissance aircraft, Airmen operate the world’s most advanced sensor network. They watch the globe – to include North Korean preparations for missile launches, Iranian nuclear programs and the dangerous borders between warring nations. Airmen are America’s global eyes and ears, likely the first to tip off of an emerging threat to Americans and

America’s interests.

I see Airmen who provide the first response worldwide for natural disasters – on scene for rescue and delivering humanitarian supplies (to include complete hospitals) that often mean the difference between life and death.

I see Airmen airborne, in the center of the worst storms and hurricanes in history, to track and provide the warning that is critical to save lives and protect citizens’ property.

I see Airmen airborne, fighting forest and range fires, delivering fire retardant liquid from C-130s – again to save lives and protect citizens’ property. From rescuing individuals in danger, to providing storm warning, to fighting fires, to delivering supplies across a global air bridge, Airmen are the real manifestation of American compassion and strength.

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## NEWS

# Two new programs guide enlisted force shaping

By Staff Sgt. Julie Weckerlein  
Courtesy of Air Force Print News

WASHINGTON – Air Force officials announced Monday two additional enlisted programs to help support current force shaping efforts to reduce 40,000 active-duty Airmen.

The programs, a date of separation rollback and a limited active duty service commitment waiver, join the current tools of reducing the number of accessions into the enlisted force, career job reservations and the NCO retraining program.

“It’s important for Airmen to understand why we are cutting 40,000 from our ranks,” said Chief Master Sgt. of the Air Force Rodney McKinley. “We must recapitalize and modernize our force while staying within our budget constraints. Having the right number of people saves money, allowing us to divert those dollars to maintain our technological edge and make us an overall more efficient Air Force.”

The DOS rollback applies to enlisted Airmen with certain re-enlistment ineligibility codes or assignment availability codes. These individuals will be required to separate from the force by March 15, 2007. The DOS rollback specifically affects Airmen with less than 14 years or more than 20 years of service.

The LADSC Waiver Program allows retirement-eligible master and technical sergeants in overage AFSCs to have all or portions of an extension waived and vol-

untarily retire by Sept. 1, 2007. Waivers can be granted for extensions due to promotion, PCS, attending professional military education, technical training, Air Force educational leave of absence and Bootstrap.

While the Air Force needs to implement these additional enlisted force shaping programs to help meet endstrength numbers, Chief McKinley stressed the goal remains to have a balanced force and to ensure the right people are in the right job at the right time.

“We would like it if we didn’t have to do this, but there’s no other place for us to get the money,” said Chief McKinley. “We had to make this tough decision.”

Force shaping initiatives affecting officers were announced earlier this year and Air Force officials continue to monitor the success of those programs.

“It’s important to keep in mind what force shaping is all about: the present and future state of the Air Force,” said Lt. Gen. Roger Brady, deputy chief of staff for manpower and personnel. “We have to balance our (force) for now and the coming years to have the kind of force we need to win the long war we are in now and be prepared for whatever comes next.”

Unlike commissioned officers, enlisted Airmen are not being offered separation incentive pay because it’s not currently authorized by law.

“Congress allows us to offer monetary incentives to officers, but there’s no provision to pay enlisted Airmen,” said Chief McKinley, “Back in the early ’90s the Air Force was granted the authority to offer finan-

cial incentives to enlisted members. Today, we will work to reach our numbers through the current programs.”

Chief McKinley stressed Airmen should fully understand the opportunities and implications of the force shaping initiatives.

“Knowing the options in regard to retraining or special duty assignments can allow Airmen to remain in our Air Force and provide us with a balanced force to meet the demands of the current war and those in the future,” the chief said.

The chief has personal experience in meeting Air Force needs through retraining. He has held positions as a medical technician, aircraft mechanic and first sergeant.

“I love the Air Force and everything about it,” he said. “It didn’t matter to me which (air force specialty code) I was in I was going to do the best job I could do and serve my country. Airmen today are facing a similar situation and difficult choices. But if they want to continue serving in the U.S. Air Force, there may be ways for them to do that.”

The chief also wants to ensure Airmen don’t think the Air Force is just becoming a smaller force.

“We are changing to become a leaner force, more capable of doing more things through streamlined processes and career fields,” said Chief McKinley. “The Air Force as a whole is changing, and force shaping is a part of that.”

## AIR FORCE MEMORIAL

Continued from Page 1

Honor recipients and their families.

Chief Master Sgt. of the Air Force Rodney J. McKinley spoke at the event, saying he was deeply honored to be a part of it. He reflected on the Airmen who serve today, and their connection to the dedicated Airmen who served in the past.

“We have the most powerful air, space and cyberspace force in the world,” he said. “This is a long overdue tribute to all those who are a part of this ongoing cycle of dedicated and talented Americans who service in the Air Force.”

The Air Force Band performed several pieces while a video was shown with clips from pilots climbing into World War II bombers to modern-day Airmen working in the sands of Iraq.

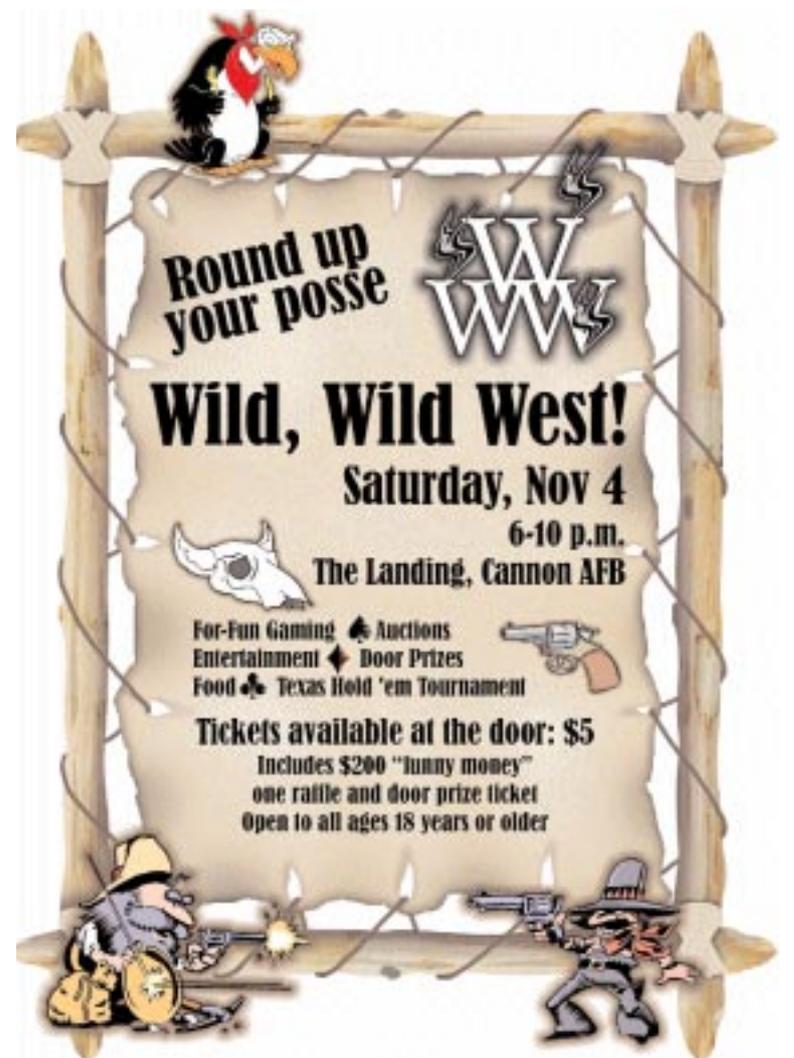
Chief of Staff of the Air Force Gen. T. Michael Moseley spoke of several Airmen who made the ultimate sacrifice in the name of freedom. He read an excerpt from a letter sent by Senior Airman Jason Cunningham, an Air Force parajumper with the Special Forces to his wife, Theresa, before he was killed in combat in Afghanistan in 2002.

“As if aware of his impending death, he wrote, ‘I’ll die a happy man doing the job I love,’” read General Moseley. “Those are the words of a true PJ, and it speaks volumes of his commitment and dedication. We honor him with this memorial, as well as the countless others who are like him.”

Several aircraft, ranging from World War One bi-planes to today’s stealth bombers and fighters, flew over the crowd and memorial in chronological order, providing visual evidence of the evolution of military flight.

The ceremony ended with a demonstration from the Thunderbirds, who buzzed the crowd before doing the bomb-burst formation, which inspired the design of the three-spires of the memorial.

“We commemorate today the courage of the men and women who wear the Air Force blue,” said President Bush. “We remember those who gave their lives for their fellow Americans. We mourn their loss, we pray for their families and we consecrate their legacy here today.”





## NEWS

# Cannon pilot earns ACC flying instructor honors

By Janet Taylor-Birkey

27th Fighter Wing Public Affairs Office

As a boy, Steven Frodsham was captivated by the model planes his dad displayed in their home. "My father transferred his love of flying to me," said Steven. "He had a bunch of model airplanes in the house and he just always loved military aircraft and aircraft in general, and would take me to air shows all the time."

But one of his defining moments came at his first air show. "From the day I was probably 8- or 9- years-old and went to my first air show, I knew I wanted to be a pilot," he said.

Robert, Steven's father, didn't know his hobby would spawn a love so deep that his son would one day teach others to fly – and not only fly, but fight.

Steven is now Capt. Steven Frodsham, an operational flying instructor with the 522nd Fighter Squadron, chief of Wing Weapons for the 27th Fighter Wing and recently named the 2005 Air Combat Command Operational Flying Instructor of the Year.

"It's a very big honor and I'm happy to have received it," Captain Frodsham said. "I'm ecstatic to be honest. It's one of those cases where I can't believe I actually won."

While the captain may have difficulty believing he won, Lt. Col. Tod Fingal, 522nd Fighter Squadron commander, has no trouble believing it. "I could not be more proud of Captain Frodsham for being recognized as ACC's IP of the Year for 2005, but I am honestly not surprised," said Colonel Fingal. "Captain Frodsham consistently devoted his time toward improving the Fireballs' combat capability, and we were able to regain our combat mission-ready status two months ahead of ACC's schedule following our most recent, major aircraft modification."

Those not familiar with the flying world, might



PHOTO BY SENIOR AIRMAN TIFFANY CURBEAM

**Capt. Ryan "Rock" Wartman, left, greets Capt. Steven "Amp" Frodsham, 522nd Fighter Squadron, Oct. 13 after Captain Frodsham's fini flight – his last at Cannon. The Air Combat Command Instructor Pilot of the Year is heading to Langley Air Force Base, Va.**

wonder what it means to be an operational flying instructor.

"I take the baseline F-16 pilot that comes out of Luke (Air Force Base, Ariz.) and instruct them in the combat systems of the aircraft and teach them how to go to war with it," Captain Frodsham said, adding that the goal is to instruct pilots on the advanced tactics of the F-16 and to train them "to be the most lethal pilot they can be."

The captain said being an instructor is something he would encourage a pilot to aspire to, comparing it to climbing the corporate ladder.

Talking about his job is an honor for Captain Frodsham, but talking about his wife and daughters shows the heart of this combat warrior, who said he never has as much time to spend with them as he would like. "What little bit of free time I do have is absolutely dedicated to my family," said Captain Frodsham. "I have a 3-year old and a 1-and-a-half year old little girl and an absolutely beautiful wife. Every ounce of free time goes toward them." But just in case he does have a few minutes that are unaccounted for, the captain likes to fish or work on a motorcycle he is building in his garage.

While the ACC award is thrilling to Captain Frodsham, he appears almost embarrassed receiving public accolades, because he insists his win is not based on his performance alone.

"Not only is this an incredible honor for me, but highlights the level of training we do here at the base and the incredible amounts of hard work that our young maintenance Airmen and pilots put in," the captain said. "Most of the [Airmen] out there are putting in 12 to 14 hour days, working through meals, working through weekends. They really put in a lot of effort to keep our F-16s in the air and to train to such a high level of combat proficiency."

Although it's been a few years since his graduation from the Air Force Academy in 1995 and he has been all over the world, the roar of a jet ready for takeoff still enthralls the captain. With the same eyes as the 8-year-old little boy who knew he would one day fly, the captain said, as he listened to a jet's roar, "I never get tired of hearing that."

Captain Frodsham made his final flight at Cannon on Oct. 13 and will take his honors and family to his next assignment at Langley Air Force Base, Va.

## Kids and colds - Treat the symptoms and start the waiting game

Courtesy of the 27th Medical Group

The vast majority of cold-like illnesses in children are caused by viruses. The good news is these viruses almost always resolve on their own, due to the body's immune system. The bad news is there is little anyone can do to speed the recovery. All anyone can usually do is treat the symptoms and wait.

Typical symptoms of an upper respiratory virus infection – another name for the common cold – include a cough, nasal and chest congestion, sinus drainage, headache, low to moderate fever and just generally feeling bad.

Children can also get a mild rash over their chest or stomach with some viruses. Often, a viral

infection results in only a mild fever, with no other accompanying symptoms. Upper respiratory infections typically last seven to 10 days.

The best way to handle an upper respiratory virus in children is to treat the symptoms. There are many different brands of children's cold medicine on the market; look for the combination that treats the child's particular symptoms. Either acetaminophen or ibuprofen works well to control fever, though it is best not to take both at the same time. **Never give aspirin to a child under 13 years old.** Aspirin given to children with a viral illness has been linked to Reye's syndrome, a frequently fatal condition.

When giving a child over-the-counter medications, follow the label's directions and dosage guidelines. Some medication preparations for infants are actually stronger than preparations of the same medication for older children; infant acetaminophen drops are a good example. Never give a child prescription medications not prescribed for that child and that illness. Also, antibiotics are useless against viruses; consequently, primary care managers may not prescribe antibiotics for a child's illness.

Do not be alarmed if the child develops a fever. Fevers are usually harmless, and are a good sign that the immune system is responding appropriately to an

infection. Temperatures below 100.4°F typically do not need to be treated, unless the child is uncomfortable. Occasionally, fever in a child may result in a febrile seizure; these are typically harmless, but require a doctor's evaluation afterwards.

Parents should call their primary care manager right away if their child has a fever and:

– Looks very ill, is unusually drowsy, or is very fussy;

– Has been in an extremely hot place, such as an overheated car;

– Has additional symptoms such as stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or

diarrhea;

– Has a condition that suppresses immune responses, such as sickle-cell disease or cancer, or is taking steroids;

– Has had a seizure; or

– Is younger than 6 months of age with a temperature over 100.4°F.

Finally, if a child becomes ill, be sure to prevent spread of the illness to others. Family members should wash their hands frequently, and sick children should be kept home from school and away from others.

For more information, patients should contact their primary care manager or the 27th MDG Public Health office at 784-4926.



## COMMENTARY

## AMERICA SOARS

Continued from Page 1

It has been my observation that Airmen do these tasks so well that people at risk expect an American response no matter how far or how adverse the conditions or how tough the task. It has also been my observation that these Airmen make all this look so easy – which, of course, it's not.

I see Airmen who are often first to the fight through the attributes inherent in the exploitation of Air Power, engaging enemies across vast ranges on a truly global scale, striking targets or transporting themselves and their fellow Warriors to hot spots throughout the world. These Airmen then stand alongside them in the fight as a joint team, delivering military options, anywhere on Earth.

These Airmen fly bombers on a truly intercontinental scale, routinely striking targets at ranges unequalled in the history of warfare, with peerless precision, speed, and lethality, while simultaneously holding other targets at risk, thereby deterring and dissuading adverse actions.

Other Airmen fly the giant airlift and refueling aircraft, also on a truly intercontinental scale, daily delivering humanitarian relief supplies, other war fighters, cargo and the means to conduct theater war fighting on the scale required in this long war on terrorism. In fact, every 90 seconds, somewhere on the surface of the Earth, these Airmen take to the air – 24 hours a day, 7 days a week, good weather or foul in defense of this country.

I see Airmen slip into hollow cockpits of fighter aircraft and, to

paraphrase James Salter's "Gods of Tin," plug themselves into the machine. As these Airmen prepare themselves for combat, the canopy grinds shut and seals them off. Their oxygen, their very breath, is carried with them into the chilled vacuum in a steel bottle. Their only voice is the radio. They're as isolated as a deep-sea diver.

For these warriors – operating in their unique domain – time and space are compressed. To them, geographical expanses are reduced and geographical barriers are bypassed by the hurtling aircraft – again exploiting the inherent benefits of the ultimate high ground and vantage of operating within this unique domain.

In combat, these Airmen live or die alone. They're certainly accompanied by others, flying and fighting alongside – but they are alone in these fighter aircraft. They're fighting the laws of physics, as well as our increasingly lethal enemies. And the connection to technology is real because first they become part of the aircraft and then the aircraft becomes a part of them, all in defense of this Nation.

I see Airmen succeed throughout the world, mirroring America's diversity and its blend of capabilities, devotion, courage, and valor that unite Warriors across cultures and national boundaries.

I see Airmen who provide measured military effects and save lives. I see Airmen standing shoulder to shoulder with their brothers and sisters on the

ground, hunting terrorists as part of our Special Ops teams, driving convoys, guarding bases, conducting truly high risk combat search and rescue missions and providing medical services in places the devil himself doesn't dare to tread.

I see the daily mission reports from U.S. Central Command, documenting multiple examples of Airmen on the scene when surface troops are in contact, who attack with both the aircraft-mounted gatling guns and with the precision-guided munitions and whose actions set the conditions for victory. This is the essence of the combatant spirit and the joint team.

I see Airmen who quietly support national objectives over the long term. When American ground troops returned home after liberating Kuwait in 1991, Airmen stayed in theater as the preponderance of the force deployed to not only enforce the United Nations' Resolutions but to defend the local populations from tyranny. In fact, since that time, Airmen have been fighting in Iraq for 16 straight years, including the 12 years of sacrifice and deployed operations in support of Operation Northern Watch and Operation Southern Watch – standing guard in the desert as the major American military force engaged.

I see Airmen demonstrating the inherent flexibility of American Air Power in responding to combat tasking during this same period with two additional deployments into the Arabian Gulf, as well as combat operations over Bosnia and Kosovo and an unwavering air bridge for resupply and medical evacuation –

without skipping a beat.

I see Airmen on duty at this moment flying America's constellation of military spacecraft. This solely Air Force mission involves hundreds of military satellites and thousands of Airmen, serving as the Nation's eyes and ears. These Airmen operate the key spacecraft that provide early warning, communications, precise navigation and weather information for America's combat forces. They are "on watch" 24 hours a day, 7 days a week – and again, they have never skipped a beat.

I see Airmen airborne at this moment in support of Operation Noble Eagle – overhead the cities and citizens of the United States. This solely Air Force mission involves hundreds of aircraft and thousands of Airmen, operating from dozens of locations – scattered from Alaska, to Hawaii, to the East Coast, serving as the airborne shield for America. These Airmen, in flight aboard AWACS early warning aircraft, aerial refueling tankers and jet fighters are "on watch" 24 hours a day, seven days a week – and again, they have never skipped a beat.

I see Airmen on duty at this moment across the Inter-Continental Ballistic Missile (ICBM) fields and deep within the missile silos located across the heartland of America – "North of Interstate 80." This solely Air Force mission involves hundreds of missiles and thousands of Airmen, serving as the most responsive element of America's "Triad," our nuclear deterrent backstop. These Airmen are also "on watch" 24 hours a day, seven days a week – and again, they have never skipped a beat.

I see Battlefield Airmen engaged in surface combat alongside this country's finest Soldiers, Sailors and Marines. These special operators, combat controllers, PJs (combat search and rescue to bring back all downed Airmen, no matter their nationality or service), terminal attack controllers, combat communicators and combat weathermen serve as the immediate connection from the surface joint team to the airborne Airmen – delivering the desired kinetic and non-kinetic effects 24 hours a day, seven days a week – and, they too, have never skipped a beat.

I see Airmen who represent America at its best: its honor, valor, courage and devotion; its mastery of science and technology; its awesome military might; its commitment to freedom; its flexibility and adaptability. It has always been this way: from our humble beginnings since before World War I, to a decisive military force which ended World War II, to a truly global force that manned the intercontinental missiles, jet tankers and bombers of the Cold War, and today contribute to a long list of successes in the global war on terror.

As a reminder of the successes, the last time American Soldiers have been attacked by enemy aircraft was April, 1953 – more than 53 years ago! The ability for our surface combatants to look up into the sky, knowing that there's nothing to fear is priceless.

Yet, air, space and cyberspace dominance is not an entitlement – it's a direct fight that must be won as a predicate to any other

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## MACH METER

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News articles, local notes and other items for the *MACH METER* should be brought to the 27th Fighter Wing Public Affairs Office, 110 E Sextant Ave. Suite 1099, or e-mailed to the Mach Meter at

27fvmachmeter@cannon.af.mil.

All submissions will be considered for publication based on news value and timeliness.

Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Libel Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you'd like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

**Deadline for submitting articles is noon Thursday the week prior to publication. Deadline for free classified advertisements is noon the Tuesday prior to publication.**

## MACH METER

### EDITORIAL

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COURTESY PHOTO

## **Quick thinking earns safety recognition**

Capt. Nathaniel Karrs, 522nd Fighter Squadron, was recognized for his quick thinking during a hydraulic failure in May. He successfully recovered and received the Air Combat Command Pilot Safety Award of Distinction in October.

# **NMTRI EIS available**

*(This report is separate and independent from the EIS concerning the AFSOC Beddown at Cannon)*

*Air Force press release*

The United States Air Force, in accordance with the National Environmental Policy Act and the President's Council on Environmental Quality, has prepared a Final Environmental Impact Statement (EIS) to analyze the potential environmental consequences associated with a proposal to modify the training airspace near Cannon Air Force Base, New Mexico. In accordance with 40 Code of Federal Regulations 1503.5(c), this Final EIS includes public and agency review comments on the Draft EIS. The Federal Aviation Administration is a cooperating agency.

The New Mexico Training Range Initiative (NMTRI) airspace proposal laterally expands the east and west borders of the Pecos Military Operations Area (MOA) respectively, lowers the floor of the Pecos South Low MOA making the airspace adequately sized for realistic combat training. The reduced size Capitan Air Traffic Control Assigned Air Space and Sumner North ATCAA would be used typically twice monthly. The preferred alternative permits supersonic training above 10,000 feet above mean sea level or approximately 5,000 to 6,000 feet above ground level. The preferred alternative extends the use of specific defensive countermeasures (chaff and

flares) to the new and modified airspace. The Final EIS identifies actions taken to minimize the potential for environmental consequences identified in the Draft EIS. The preferred NMTRI alternative, Alternative A, provides realistic training for New Mexico-based aircrews to practice combat tactics they currently use in war, a capability that does not exist in the current airspace

*“The Final EIS is available online at [www.cannon.af.mil](http://www.cannon.af.mil) and [www.a7zpinTEGRATEDplanning.org](http://www.a7zpinTEGRATEDplanning.org) or hardcopy at Roswell, Portales, Clovis-Carver, Fort Sumner, Moise Memorial and Vaughn Public Libraries.”*

configuration.

The Final EIS is available online at [www.cannon.af.mil](http://www.cannon.af.mil) and [www.a7zpinTEGRATEDplanning.org](http://www.a7zpinTEGRATEDplanning.org) or hardcopy at Roswell, Portales, Clovis-Carver, Fort Sumner, Moise Memorial and Vaughn Public Libraries. The Air Force is allowing a 30-day review period following the Final EIS publication. Although the Air Force is not required to respond to public comments received during this period, comments will be considered in determining any final decisions.

Inquiries should be sent to:

U.S. Air Force, Headquarters Air Combat Command, A7ZP, 129 Andrews Street, Suite 102, Langley AFB, Virginia 23665-2769 ATTN: Mr. Michael H. Jones.



## NEWS

## Airmen prepare to remember, celebrate 60 years of Air Force accomplishments

By Lt. Gen. Norman Seip  
12th Air Force and Air Forces Southern commander

The dedication of the U.S. Air Force Memorial in Arlington, Va., last week officially kicked off the Air Force's 60th Anniversary Commemoration, "From Heritage to Horizons – Commemorating 60 Years of Air & Space Power." Now, it's time for every Airman in Twelfth Air Force and Air Forces Southern to remember and celebrate.

The Memorial, composed of three bold and graceful spires soaring skyward to a height of 270 feet, honors the millions of men and women who have served in the U.S. Air Force, including the U.S. Signal Corps, the Army Air Corps and the Army Air Forces. It pays tribute to the dedication, sacrifice and contributions of those who pioneered the skies, those who shape the air, space and cyberspace victories of today, and those who will carry us into the future.

Our Air Force was created as a separate service Sept. 18, 1947. Since then we have created a proud heritage of ingenuity, courage and resolve. These qualities are ingrained in our culture and continue to serve us well as we face the challenges of an ever-changing world.

Just think of the highlights of the last six decades. There were monumental supply efforts of the Berlin Airlift which also marked the first time the West was able to stand up to the Soviet Union after WWII.

There were the legendary dogfights in "MiG Alley" in the skies over Korea.

There were the "Wild Weasels" of Vietnam, whose mission it was to deliberately draw enemy surface-to-air missiles so their fellow Airmen could pass through and bomb North Vietnamese positions.

And we had the spectacular performance of our Air Force during Desert Storm.

Many of us have been engaged in some scale of conflict for over 16 years. Beginning with the first aircraft deployed into Saudi Arabia in August of

1990, our Air Force has also participated in operations in Haiti, Bosnia, Kosovo, Somalia, Afghanistan and Iraq to name a few. In fact, many people forget Air Force-led, Coalition forces flew over 650,000 sorties enforcing the no-fly zones during Operations Northern and Southern Watch in the 12 year period following Desert Storm.

Since the start of Operations Enduring Freedom in October 2001, followed by Iraqi Freedom in March 2003, Airmen have performed and adapted in a manner that should make everyone marvel. We have filled more than 380,000 deployment requirements and have 85 percent of our forces postured to deploy.

There are many more examples, but in each case a constant remains – wherever our interests are threatened, the Air Force is always there to answer the first call.

All of us should be extremely proud as we celebrate our accomplishments over the past 60 years and use that momentum to shape our Air Force to meet the nation's needs well into the 21st Century and beyond.

Many of your units will celebrate our 60th Anniversary with air shows and other community events. I encourage every Airman to take the time to say "thank you" to our community neighbors. They take care of our families when we deploy and welcome us when we return, because they are also part of our Air Force family in every sense of the word. They share our losses and victories, show their love and support in war and peace and deserve our gratitude and promise that we will continue to keep them secure and free.

In closing, remember no other service in our nation has come so far and done so much in such a short time. In the Air Force culture of innovation – YOU – our Airmen consistently take ownership of change and continue to prove that there is no limit to our potential – Happy 60th Anniversary!

## AMERICA SOARS

Continued from Page 4

activity. The battle for air, space, and, now, cyberspace superiority has been – and will always be – the first battle of any war.

These Airmen of today's United States Air Force have a glorious heritage: from the days of the first combat pilots of the Lafayette Escadrille of WWI, to the groundbreaking Tuskegee Airmen of WWII, to the early jet pilots flying "Sabres" over the distant Yalu River during the Korean War, to the early space and missile pioneers that put America on the ultimate high ground of space, to the heroic Jolly Green Giants and

POWs of Vietnam, to the Airmen presently engaged in combat across Iraq and Afghanistan.

They all live on the threshold of a vast horizon – across the air, space and cyberspace domains. Airmen must be able to continue to mold America's incredible technological might into the air, space and cyber systems which guarantee our freedoms and our future.

The United States of America and the joint team that defends it depend on their Air Force to deliver national objectives on a global scale to an extent unseen in the history of mankind. Yes, America truly soars on Air Force wings.

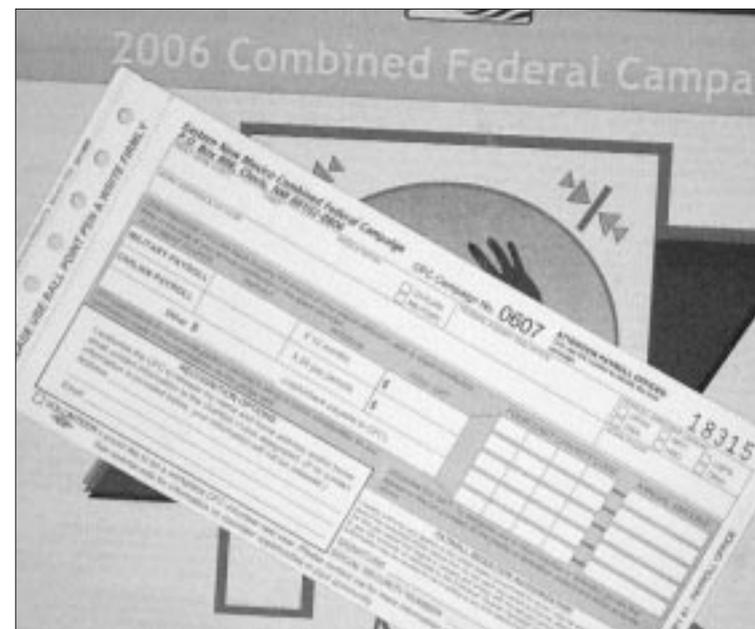


PHOTO ILLUSTRATION BY GREG ALLEN

### Did you know?

You can direct your Combined Federal Campaign gift to one or more eligible national or international federation of charities as well as to eligible local groups such as Friends of Cannon Families. This year's campaign ends Oct. 31. For more online information, go to [www.opm.gov/cfc](http://www.opm.gov/cfc) or [www.cfctpdau.org](http://www.cfctpdau.org).

## Keep the wheels turning

Submit your IDEA at

[http://ipds.mont.disa.mil/ipds/dv\\_new\\_home\\_page](http://ipds.mont.disa.mil/ipds/dv_new_home_page)

Contact your local Manpower Office at 784-2580.



## Energy-Saving Tip of the Week

A five-minute shower using a standard showerhead uses 25 gallons of water. A bath requires 30 to 50 gallons to fill the tub. To compare, put the stopper down while you shower and see how much the tub fills up. When you save water, you also save the energy needed to heat that water!





## COMMUNITY EVENTS



PHOTO BY AIRMAN 1ST CLASS RANDI RICKARDS

### *On the air*

Capt. Kristin Hubbard, a pilot with the 522nd Fighter Squadron, speaks with Steve Rooney, a local radio personality on 107.5 FM, during a live broadcast on Oct 5. Captain Hubbard and other 522 Airmen spoke about their career fields and military experiences. Talk show hosts Rooney and Duffy Moon visit Cannon regularly for an early morning show about Airmen and base activities.

■ Continued from page 1

Personnel Office, will address civilian issues at 2:30 p.m., Oct. 31 at the 27th Mission Support Group conference room. The Cannon public is invited.

For more information, call 784-2555.

### **New commissary hours**

The commissary will be open on Veterans Day and the Mondays of Thanksgiving and Christmas weeks.

It will close on Tuesdays following other federal holidays that fall on Monday and will also close July 4, Thanksgiving Day, Christmas and New Years Day.

For more information, call 784-4330.

### **Medical Group closure**

The 27th Medical Group will close for its Thanksgiving dinner 11 a.m. to 2 p.m. Nov. 16. Clinic and pharmacy services will be available 7:30 to 11 a.m. and 2 to 4:30 p.m.

### **Red Cross workers needed**

The Cannon Air Force Base Clinic is looking for Red Cross volunteers to fill key positions. The positions are open to military ID card holders and includes active duty, dependents and retirees.

Currently positions are available in medical records, the pharmacy, the Health and Wellness Center and the information desk.

For more information, call the Clovis American Red Cross Office at (505) 762-4129 or the clinic at 784-4067.

### **Cultural Observance Committee**

Volunteers are needed to help with this year's American Indian Heritage Month events. The committee meets at 11 a.m. each Monday in Bldg. 600, room 2025.



## SERVICES

# Dads take baby steps toward learning the basics

By Janet Taylor-Birkey  
27th Fighter Wing Public Affairs

Nine male Airmen were racing to the finish with fierce competition Oct. 13. That is when they were not laughing and asking, "How do I do this again?"

The Airmen spent the day at the Airmen and Family Readiness Center learning skills that may not be of first nature to them: they were learning the basics of being first-time dads.

The fierce competition played itself out in baby doll diapering races, while others got the opportunity to strap on an "empathy" baby-belly giving the dads a first-hand glimpse of what it's like to carry extra "baby weight."

A "no-women" session allowed the men to share their experiences of finding out their wife or girlfriend was pregnant and the emotions surrounding the life-altering event.

Darren Nickerson, Cannon's Family Advocacy Outreach Program Manager, said he believes men are drawn to this program because they need "a place they can go to ask questions they want to ask without fear of being told, 'that's a stupid question.'"

When asking questions, expectant and new dads receive answers from other men who are going through the same season of life experiences.

Tech. Sgts. Tory Gard and Gary Godbey were on hand as facilitators to answer questions from the dads-to-be.

"There are many things that the new dads-to-be, that are having daughters, might not know about: like what to do if the men's room does not have a changing table, or where to take them to go to the bath room when they get older, but still cannot go by themselves," Sergeant Gard said.

Other practical issues centered around how to change a diaper, take a baby's temperature and learning what Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome is, said Sergeant Gard as well as giving new dads a chance to interact with other men that are also about to be new dads.

Mr. Nickerson echoed this when he said that medical personnel and other people dote on the mom-to-be, providing her with books, information about breastfeeding and diaper bags. "There is nothing aimed specifically at the dads and we have questions, too," he said.

"Having been the only dad there whose baby was already born I probably have a different perspective," said Staff Sgt. Michael Welch 27th Communications Squadron Maintenance Operations Center. He said the easiest part for him was diapering and clothing the doll since he already has experience with his own baby, but the most difficult

part was the diapering races because he tenses up when competing.

Second Lt. Christopher Bennett, 27th Aircraft Maintenance Squadron, said that he "would almost recommend it be a pre-requisite before your wife gives birth. Most of the material covered in the class could be learned the hard way [by experience] but it would probably be a painful crash-course in Dad Basics."

Sergeant Welch agrees. "I think that others ought to take the class because becoming a Dad is scary enough," he said. "Without any knowledge, learned tasks will seem that much more daunting."

The "real-world experience that the instructors provided" was Lieutenant Bennett's favorite aspect about the class. He said the men were provided materials to read after class, but most of the class dealt with questions expecting dads had.

Mr. Nickerson believes that men will receive the greatest benefit from the class if they wait until their wife or girlfriend is at least 10 to 12 weeks along in the pregnancy, although they are welcome anytime and can take the class as many times as their boss will allow them.

The next Dad's Class is scheduled for Dec. 15. Call Mr. Nickerson at 784-4716 for more information.



PHOTO BY TECH. SGT. SCOTT MACKAY

"The class was fun just hearing the dads with kids talk about how much fun kids can be. Just other little stuff, like it doesn't matter how much money you make your kids are always going to remember the time that you spent with them."  
— Senior Airman Dale Cook, Fuels Cryogenics



## What's happening?



### Today

Seafood Buffet – 11 a.m. at The Landing  
Octoberfest – 5 p.m. at The Landing  
Movies and Popcorn – 6 to 8 p.m. at the Clovis Community Center  
DJ Night – 8 p.m. at the End Zone

### Saturday

Oasis Fishing – 12:30 p.m. meet at the youth center  
Moonlight and Music – 6 p.m. at Cannon Lanes

### Sunday

NFL Football – 10 a.m. at the End Zone  
Dart League – 6:30 p.m. at the End Zone

### Monday

Conversational Language Skills – 11 a.m. to noon,

Monday through Friday at the Cannon Library  
Melba's Choice – 11 a.m. to 1 p.m. at The Landing  
Halloween Coloring Contest – 4 to 6 p.m. at the Portales Community Center  
Board Games – 5:30 p.m. at the Clovis Community Center  
Football Frenzy – 6 p.m. at the End Zone  
Haunted House – 8 p.m. at the Portales Community Center

### Tuesday

Senior Golf League – 9 a.m. at the Whispering Winds Golf Course  
Homestyle Buffet – 11 a.m. at The Landing  
Pool Tournament – 4 to 6 p.m. at the Portales Community Center  
Foosball Tournament – 5:30 p.m. at the Clovis Community Center

### Wednesday

International Buffet – 11 a.m. at The Landing  
Foosball Tournament – 3 to 5 p.m. at the Portales Community Center  
Kids Craft – 5:30 p.m. at the Clovis Community Center — Halloween Decorations

### Thursday

Roast Beef Buffet – 11 a.m. at The Landing  
Yu-Gi-Oh Challenge – 4 to 6 p.m. at the Clovis Community Center  
XBox Challenge – 5 to 7 p.m. at the Portales Community Center  
Chess Club Casual Play – 5 to 7 p.m. at the Central Community Center  
Coloring Contest – 5:30 p.m. at the Clovis Community Center  
Free Billiards – 6 to 9 p.m. at The End Zone



## FEATURE

# For firefighters, competition is 'all about your heart'

By Staff Sgt. Jeremy Larlee  
Courtesy of Air Force Print News

ATLANTA – The competition is a few minutes of physical torture and even the most conditioned warrior is brought to his knees when it ends.

Staff Sergeants Cory McGee and Emanuel Villegas, from Whiteman Air Force Base, Mo., are among the 500 competitors at the 2006 U.S. National Firefighter Combat Challenge. Teams from Travis AFB, Calif. and the Air Force Academy, also competed in the event.

The course is littered with daunting physical challenges including a six-story climb and descent of a tower, hoisting a 45-pound weight six stories, using numerous hammer impacts to move a weight, dragging a hose 120 feet to douse a target and the home stretch; carrying a 175-pound dummy

backward for the final 120 feet. If this isn't difficult enough, the competitors do all of this while wearing more than 40 pounds of equipment and a helmet and mask.

"It is compressing a 2 hour workout into 2 minutes," Sergeant Villegas said. "It is so demanding and you feel completely drained by the end of it."

This is Sergeant Villegas's first year competing in the challenge. He was introduced to the event by Sergeant McGee, who is now in his third year of competing and the senior member on the Whiteman team.

Sergeant McGee takes his leadership position seriously and passes on nuggets of advice to his teammates at every opportunity.

"At each event it seems the course changes," he said. Everything from the weather to the location of the event

affects the strategy we use to attack the course."

Sergeant McGee set a personal record today when he completed the course in 1 minute and 34 seconds, beating his previous best time by 4 seconds. During the home stretch he said he kept his eyes on the clock.

"It is a great feeling to set a goal and be able to get to it," he said.

For Sergeant Villegas it is his team that keeps him driving to the end.

"I can hear the voice of the guys on my team," he said. "They are constantly encouraging me and giving me the boost I need."

Conditioning will only get you so far in the event, said Sergeant McGee. You have to reach inside to get the energy for the home stretch.

"You can go for a while on your physical strength, but at the end it is all about your



PHOTO BY TECH. SGT. CECILIO RICARDO

Staff Sgt. Cory McGee, Whiteman Air Force Base, Mo., carries a 175 lb. dummy to finish the last part of the Firefighter Combat Competition obstacle course at Morrow, Ga, Oct. 13.

## Seasoned PJs train the next generation

By Staff Sgt. Jeremy Larlee  
Air Force Print News

KIRTLAND AIR FORCE BASE, N.M. – Along the halls of the Pararescue and Combat Rescue Officer School reminders of heroes past adorn the walls with honor.

There have been 13 Air Force Crosses and one Medal of Honor awarded to former students. They serve as testimony to the valor demonstrated by a fresh crop of students receiving their first hands-on training at the five-month pararescue recovery specialist course.

Master Sgt. Ramon Colon-Lopez is the director of pararescue apprentice training at the school. He has prepared 50 operators for the career field, 40 of which have already experienced combat.

Sergeant Colon-Lopez is a seasoned combat veteran, having seen

action during four deployments in support of the war on terrorism. He puts in perspective what an operator in combat faces by drawing parallels to the hectic tempo of an emergency room, where medical professionals have the best equipment and lighting. However, pararescuemen on the ground usually operate under conditions far more bleak.

"Picture the scenario and injury with someone lying in the dirt and extremists or insurgents shooting at you," Sergeant Colon-Lopez said. "There are only two of you with two backpacks containing limited equipment, but you still have to try to make things happen the same way it is done in an emergency room."

Sergeant Colon-Lopez said his job is to give the students the tools they need to thrive in difficult missions.

"The scope of training we give here prepares them for extreme situ-

ations, and we teach them ways to make things happen in bad situations," he said.

Keeping an open mind and thinking outside the box is something Sergeant Colon-Lopez imparts to his students as the key to being great pararescuemen.

"If every mission was black-and-white, our job would be very easy. A rescue is a mission of opportunity, an opportunity to save someone's life," he said.

Training the next generation of operators and grooming the newest additions to his brotherhood is something in which the sergeant takes great pride. He said the newest operators have to be ready to excel as soon as they leave the training.

"Whether you are a new Airman or a seasoned operator who has gone to war, we all have the same mentality, and that is to save lives," he said.

"We are willing to put our lives on the line to make this happen."

The five-month course is the culmination of nearly two years of training for some students. The training includes field tactics, mountaineering, combat tactics, advanced parachuting and helicopter insertion and extraction.

Sergeant Colon-Lopez's office serves as a shrine to his career field. Pictures and other mementos collected throughout his career leave no space exposed on his walls. Near his desk is a place of honor reserved for pictures of his brothers he will never be able to talk to again.

"The things I will never forget are my comrades, especially the guys who died in the line of duty," he said. "The tenacity, valor and compassion a pararescueman has will always stay with me."

## Unit Spotlights

### Youth receives award for community service

*Courtesy of the Cannon Youth Center*

Victoria Adams, 15, is this year's Youth of the Year award for the Cannon Youth Center.

Victoria has developed a reputation for excellence and having a servant's heart. Whether she is holding office as a member of Clovis High School's student council or being listed on the National Honor Roll, her accomplishments don't end there.

She led her peers by example through several community service projects such as the Matt 25 Hope Center remodeling, the local Trek for Trash, Curry County Teen Court and volunteering at Cannon's Family Child Care Center. She has also served the youth center with the same drive and determination.

Victoria sacrificed her time as Keystone Club President and volunteered numerous hours to Parents' Night Out, the Easter Eggstravaganza, the

Kite Carnival, the Tween Lock-in and various fundraisers. She continued to strive to succeed by attending Boys & Girls Club of America (BGCA) Leadership forums, Teaching Responsible Adolescents in Leadership (TRAIL) activities and a 4-H Adventure camp.

"Victoria's leadership and sense of community service is unseen in this day and age. Under her leadership Cannon Youth Programs has achieved much for the community," said Daniel McBride, Cannon youth programs director.

The Youth of the Year program, which is administered by BGCA and has been nationally sponsored by the Reader's Digest Foundation since 1947, recognizes outstanding contributions to a member's family, school, community and Boys & Girls Club, as well as personal challenges and obstacles overcome.

"The Reader's Digest Foundation has been the

proud sponsor of the Youth of the Year program for 59 years," said Susan Fraysse Russ, Reader's Digest Foundation executive director. "We are thrilled that we can honor amazing teens like Victoria Adams for their dedication and hard work."

Victoria competed against others for the Youth of the Year title for New Mexico and the Air Force. She was named runner-up for Air Combat Command.

Several programs are offered to children at the youth center.

The school age program, for children age five to 12, provides the opportunity to develop life skills, self-confidence, self-respect, self-reliance, respect and personal understanding.

The open recreation program, for children nine to 18 provides age appropriate activities to make a positive difference in a young person's life.

These programs use leadership, education, career, health, arts and fitness as building blocks to help youth become healthy and well developed adults.

*Congratulations Master Sgt. Terry Mateka, 27th Maintenance Operations Squadron first sergeant, for graduating the Air Force First Sergeant's Academy as the Commandant's Award winner.*

#### CANNON AIR FORCE BASE CHAPEL

### Chapel services

#### CATHOLIC

Religious Education	Sunday
9:15 a.m. (grades K-6)	
Sunday Mass	10:30 a.m. and 5 p.m.
Reconciliation	9:30 a.m.
Weekday Mass (M,W,F)	12:05 p.m.
Edge/LifeTeen youth ministry	Sunday
6 p.m. (grades 7-12)	

#### PROTESTANT

Contemporary	9 a.m.
Sunday School	10:30 a.m.
Inspirational	12 p.m.

**For more information about other programs or other faith groups, call the chapel office at 784-2507.**

## At the Movies

The Cannon Movie Theater is located on the corner of Torch and D.L. Ingram.  
Movie prices are \$3.50 for adults, \$1.75 for children and \$1 for all viewers on Thursdays.

### The Last Kiss

Today at 7 p.m.

**Description:** Zach Braff and Jacinda Barrett star in a contemporary comedy-drama about life, love, forgiveness, marriage, friendship and coming to grips with turning 30.

**R** – sexuality, nudity and language

**Running time:** 104 min.

### Hollywoodland

Saturday at 4 p.m. and Sunday at 7 p.m.

**Description:** George Reeves, the heroic Man of Steel on TV's "Adventures of Superman," dies in his Hollywood Hills home. Felled by a single gunshot wound, Reeves leaves behind a fiancée — aspiring starlet Leonore Lemmon — and millions of fans who are shocked by his death. But it is his grieving mother, Helen Bessolo, who will not let the questionable circumstances surrounding his demise go unaddressed. Helen seeks justice, or at least answers but truth and justice are not so easily found in Hollywood.

**R** – language, violence and sexual content

**Running time:** 126 min.

### Crank

Saturday at 7 p.m. and Sunday at 4 p.m.

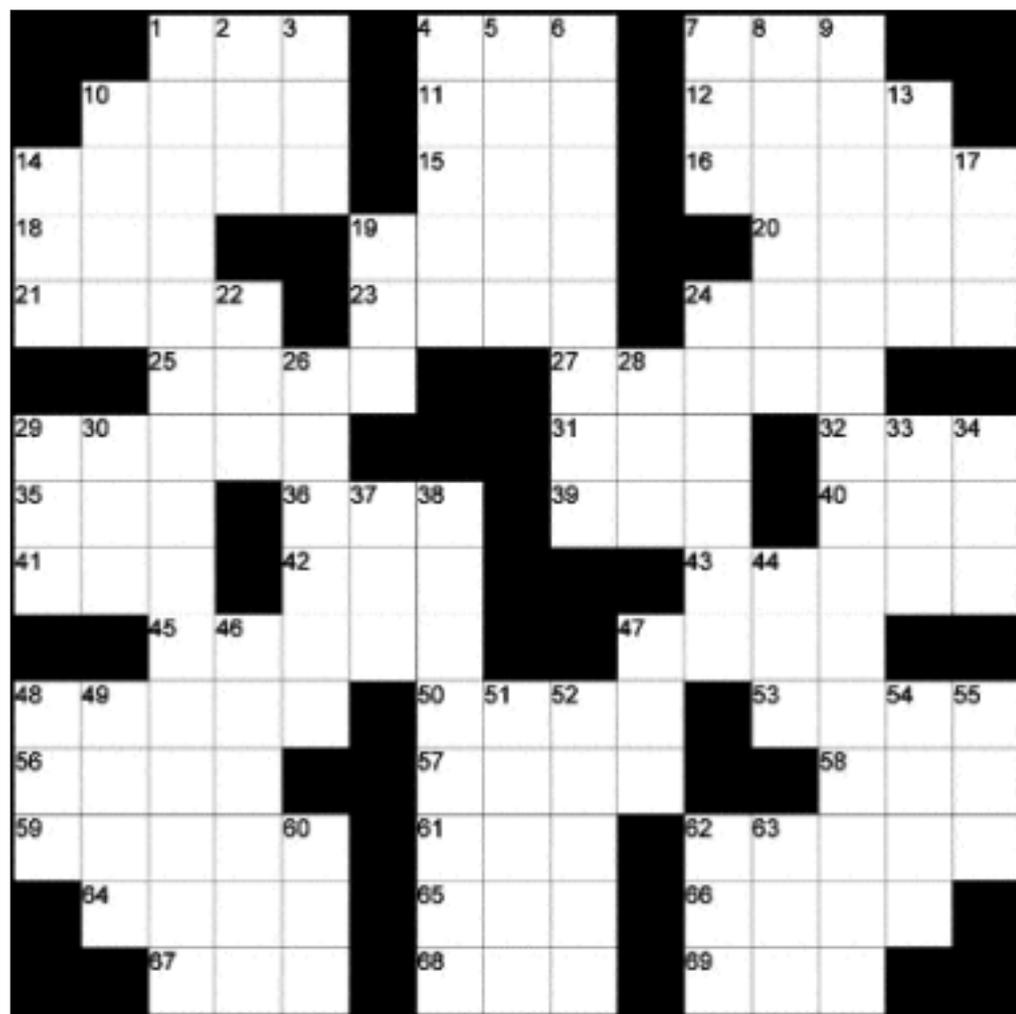
**Description:** Chev Chelios is about to begin his morning with an unexpected wake-up call. Chev has been poisoned in his sleep and only has an hour to live. Now, Chev must keep moving to stay alive — the only way to prolong the poison from stopping his heart is to keep his adrenaline flowing. As the clock ticks, Chelios cuts a swath through the streets of Los Angeles, wreaking havoc on those who dare stand in his way.

**R** – violence, language, sexuality, nudity and drug use

**Running time:** 83 min.



# THE LIGHTER SIDE



ANSWERS ON PAGE 20

## Pre Operations

By Capt. Tony Wickman  
71st Flying Training Wing Public Affairs

### Across

1. Actress Thurman
4. Committee formed to raise money for political candidates
7. Acronym for operation begun in September 2001
10. Apple music player
11. Former Air Combat Command commander, acting CSAF
12. Competent
14. Chief \_\_\_; Cleveland Indians mascot
15. Mistake
16. Payable immediately (two words)
18. Gone by
19. Military travel organization
20. Used to express dissatisfaction or annoyance (var.)
21. Joint U.S.-United Kingdom operation to tap into Soviet landlines in Berlin
23. First man
24. Many-stringed lute of northern India
25. Ring
27. Operation \_\_\_ Freedom; military operation launched March 19, 2003
29. Methods of doing
31. Bill or check

32. Capture
35. We \_\_\_ the Champions
36. Premier cable station
39. Hurricane center
40. Large African antelope
41. Rep. opponent
42. Gun the motor
43. Water transports
45. Lecture
47. Former Russian ruler
48. \_\_\_ razor; reductionist philosophy of nominalism
50. Philbin co-host
53. Air Force major command
56. Lawn
57. Bank offering
58. All \_\_\_; acutely attentive
59. Walking stick
61. Giant great Mel
62. Expressive of sorrow or unhappiness
64. Perry Mason writer — Stanley Gardner
65. Norma \_\_\_
66. Wildly
67. Cypress
68. Military telephone system
69. Sweet potato

### Down

1. U.S. military operation in Haiti (1994)
2. Cow sound
3. Commotion
4. Beg
5. Large artery
6. Operation \_\_\_; surprise amphibious landing at Inchon (1950)
7. Air Force criminal investigators
8. NYSE competitor
9. Operation launched Oct. 7, 2001 and continues today
10. Shakespeare villain
13. EU currency
14. Move briskly and repeatedly from side to side
17. Terminate
19. Actor Mineo
22. Expire
24. Swords
26. Secluded Hindu religious community
28. Singer Charles
29. Angry
30. Mining goal
33. Picnic pest
34. School transport
37. Wager
38. Operation \_\_\_; Invasion of Normandy (1944)
44. Auto club
46. Lottery
47. The Joy Luck Club author Amy
48. Air Force commissioning source
49. Adorable
51. Greek letters
52. Plate or shallow dish; artifact from ancient civilization
54. Gab
55. Weep
60. Hardly any
62. Assert
63. Dr.'s org.

## SPORTS AND HEALTH

## Your attitude about fitness crucial to your success

By Lt. Col. Gregory Williams  
65th Communications Squadron commander

LAJES FIELD, Azores — How's your fititude? No, you didn't misread what I just wrote.

As U.S. servicemembers, we are expected to be physically fit in order to carry out our assigned missions, regardless of what they may be.

If you really think about it, we are much like professional athletes. Although our pay is drastically different, we are paid to exercise and keep ourselves physically fit. Every member of our country — especially our fellow military members — demand it. Would you want to face a tough situation with someone you know isn't fit or, worse yet, has a poor fititude?

How many other professions, or dare I say jobs, allow you time to workout during your normal working hours without making it up later? Not many, huh?

We are expected to keep ourselves fit, and are given time during our normal working hours to make it happen. How are you approaching it?

The difference between many of us is our fititude. How you approach your fitness, or anything for that matter, makes a big difference in the outcome.

Everyone has a bad day once in a while. Everybody wakes up once in a while and just plain hurts, physically that is.

The thing you control is your attitude toward the activity. As a fellow military member, I'm here to tell you the difference is in how you approach it.

I admit I'm not the best runner or the strongest person out there. I've personally told the Airmen in my squadron at least a dozen times that I really don't like to run and, on top of that, I run with the aerodynamics of a two-car garage door.

The same goes with push-ups, sit-ups and other types of anaerobic and aerobic activities. The difference is my fititude.

I won't mentally quit on any fitness activity or anything else for that matter. My body may be physically exhausted and I've had times where my muscles fail, but not my fititude. One personal goal I've kept so far is to never quit running on any course at Lajes. Yes, that means the hills, too — all of them. Sometimes I'm not running much faster than you can walk, but I keep moving and giving my best effort.

Do you really push yourself or are you the person who just gets by with the minimum? If you are in the latter category, raise your fititude.



PHOTO BY ROBBIN CRESSWELL

Airmen with the 331st Training Squadron sing cadence as they complete their last physical fitness requirement, a 2.5-mile run, before graduating from basic military training at Lackland Air Force Base, Texas.

Several people in my squadron have approached me asking if we can work out more on an individual basis because they feel the workouts are too easy for them.

My general answer is if that's the case, your fititude is too low. Kick it up a few notches. Run faster, go lower on push-ups; whatever it takes do it better. You completely control your attitude, so do it.

Very few of us will do our mission alone. That's why it is vital that we work

together as a unit: One team, one fight.

What bothers me is seeing somebody who I know can do more and they just aren't. You owe it to yourself and everyone around you to correct the situation. No, it's not just your physical training leader's job to correct this behavior.

The next time you see somebody you think isn't giving it their all at PT, ask them about their fititude. That includes me, too.

# WANTED

## The Mustached Marauders

Wanted  
for Cat  
Nabbin'



Peggy "Whiskers" Poore

Wanted  
for Vices  
too heinous  
to mention



Val "Eyebrows" Bagnani

The Officers Spouses Club is looking to round up these heathens at their Wild Wild West Night from 6 to 10 p.m. Nov. 4 at The Landing. Tickets are \$5 at the door. All gamblers get \$200 in funny money and the chance to win awesome door prizes.

GRAPHIC BY AIRMAN 1ST CLASS THOMAS TROWER

## Flag Football Schedule

### Monday

5:30 p.m. MOS vs. AMMO  
6:30 p.m. CMS vs. AMXS  
7:30 p.m. LRS vs. CES  
8:30 p.m. CPTS/MSS vs. SFS

### Tuesday

5:30 p.m. MOS vs. CS  
6:30 p.m. FAB vs. MDG  
7:30 p.m. OG/OSS vs. AMMO  
8:30 p.m. CMS vs. SFS

### Wednesday

5:30 p.m. CS vs. CES  
6:30 p.m. FAB vs. LRS  
7:30 p.m. MDG vs. AMMO  
8:30 p.m. SFS vs. OG/OSS

### Thursday

5:30 p.m. MOS vs. CES  
6:30 p.m. LRS vs. AMMO  
7:30 p.m. FAB vs. CPTS/MSS  
8:30 p.m. AMXS vs. MDG

